



2. Tai Chi Class

Tai chi, sometimes referred to as Shadow Boxing, was developed many centuries ago. Its graceful movements help to balance the yin and the yang, doing as much for the mind and soul as for the body. To this day the amazingly fluid motions of this traditional Chinese practice remain one of

the favourite means of keeping fit in Hong Kong, especially among the older generation.

Mr Ng is one of Hong Kong's best-known masters, having practised *tai chi* for many years. He is a qualified instructor of *tai chi* and performed in front of the then British Prime Minister Tony Blair during his visit to Hong Kong. Since 2000, Mr Ng has been helping to make the healthful, beguiling art of *tai chi* easily accessible to Hong Kong's visitors through this very popular class.

There are two venues to choose from:

- 📍 Kowloon: Sculpture Court, in front of Hong Kong Museum of Arts, Tsim Sha Tsui
- 🚶 MTR East Tsim Sha Tsui Station, Exit J, walk for about 10 minutes to the museum. Or take the Star Ferry from Central or Wan Chai to Tsim Sha Tsui and walk about 10 minutes to the museum.
- 🕒 8am – 9am (Monday, Wednesday, Thursday & Friday)
- 📍 Hong Kong Island: Harcourt Garden, Harcourt Road, Admiralty, Hong Kong
- 🚶 MTR Admiralty Station, Exit E1, turn left to the Garden.
- 🕒 8am – 9am (Saturday)
- 💰 Free
- 👤 Mr William Ng
- 👤 40 people per class
- 📞 HKTb Visitor Hotline +852 2508 1234

Notes:

- Visitors are advised to wear light clothing.
- Class organised by HKTb.
- Disability friendly.